

We're on the Move...

This fall, **GriefWorks** is on the move! We are unpacking boxes and setting up our new office at:

Evergreen Community Center
4910 A Street Southeast, Auburn, 98092



We are grateful to Evergreen Community Center for welcoming us! The center also is home to Evergreen Life Ministries and South Sound Dream Center. **GriefWorks'** co-founder Mel Erickson says, "**GriefWorks** serves both King County and Pierce County, so the move to south Auburn will be logistically advantageous."

Not only are we settling into our new home, but we also are busy scheduling Grief Talk at School. Through these on-campus support groups, we are helping grieving students mend their broken hearts and re-landscape their lives. In the process, we are equipping them with healthy coping skills they can apply throughout their lives.

To invite **GriefWorks** to bring support to your school, home, or business, contact us at 253-333-9420, 800-850-9420, or info@griefworks.org. Or visit www.griefworks.org.

Grief Tip



Listen to music that you think will help you at a given moment, whether it's contemporary or traditional, instrumental or vocal, secular or religious. Let the sounds surround you and soothe you or perk you up.

Thanks to You!

As we approach the 10-year anniversary of **GriefWorks'** founding, we are grateful for the ongoing community support that keeps us moving ahead. A special thank you to...

Rottle's Clothing & Shoes
Nelson's Jewelry & Gifts
Les Schwab Tire Center
Pup N' Suds

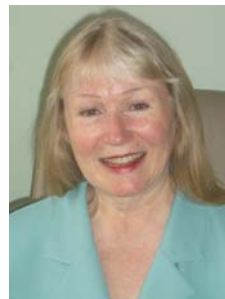
GMC
Alice Octavia Floral Shoppe
Auburn Valley Chevron
Jackie's Pony Espresso

These local businesses graciously donated gift certificates for our raffle at Auburn Good Ol' Days, which raised several hundred dollars to support programs serving grieving children, teens, and families.

We again thank Skills, Inc., who generously donated office space and technical support to **GriefWorks** for four years, and whose staff helped us move to our new location. We are grateful to ALL who helped us move!

And to those who have begun inviting friends and associates to our upcoming fund-raising breakfast, thank you! We look forward to seeing you there!

With heartfelt gratitude,
Daryl Thompson, Executive Director



Please Join Us!

GriefWorks' 5th Annual Benefit
Breakfast

Friday, October 17th
7:00 - 8:30 a.m.

Emerald Downs, Auburn

Come learn how you can join us in mending hearts and re-landscaping lives through Compassion Partners. This year's speaker is Auburn School District's new superintendent Dr. Kip Herren. We also will be celebrating 10 years of serving our community!

For reservations for this complimentary breakfast or to learn about being a Table Captain or Corporate Sponsor, please call or e-mail Daryl@GriefWorks.org. We hope to see you there!

Opportunities for Healing

Fall Daytime and Evening Groups

We are still accepting pre-registrations for our fall groups, which are scheduled to start soon. For information or to sign up, please contact our office today.

Family Night Series

This six-week series offers grief education and support for all ages.

6:15 p.m.—8:15 p.m.

October 23—December 4

(no meeting November 27)

\$90 per family for the six-week series to help cover a portion of the cost. A light supper is included.

Please register by October 15.

Enumclaw Support Groups:

GriefWorks staff facilitate two support groups at the Enumclaw Public Library. There is no cost or pre-registration for these twice-monthly groups, which are sponsored by Enumclaw Regional Hospital. For information, call (360) 825-2505 or **GriefWorks** (800) 850-9420.

Grief Support Group:

First and third Wednesday of each month, 1-2:30 p.m.

Caregivers Support Group:

First and third Thursday of each month, 1-2:30 p.m.



Ask Dr. Bob

*Everything you wanted to know about loss
but were afraid to ask*

Dear Dr. Bob,

My youngest brother is 42, and we just found (last week) that he has a form of lung cancer that will probably take him in less than six months. He has no children and both our parents have died. We have two children, a girl age 9 and a boy 7. They love their uncle and will be devastated when they hear the

news. So you can guess my question: When should we tell them? And how much?

Thanks.

Lorna (Seattle)

Dear Lorna,

As parents we want to protect our children, so protecting them from harsh news is natural. My experience with families coping with a loss, however, is that children are highly aware of the world around them. In the case of your kids, think about the next few weeks and months in which you would attempt to withhold the information from them. For a moment, look at the world through their eyes: the phone call updates on your brother's condition, the look on your face as you think about his condition, the increased visits to your brother without explanation, the whispers, the tears in your eyes as the disease progresses. You get the idea.

In my opinion, the best way to protect a child is to educate a child. You might take out a pen and paper and jot an outline of how you would tell your children—something like: "First I would say _____, then I would....". Also have pen, paper, crayons, and felt pens for them to write a note or draw a picture for their uncle. If you withhold the brutal facts of their uncle's true status by saying something like "He's sick, but we hope for a cure." it will only postpone the inevitable. Telling your daughter and son the *entire* truth will enable them to begin grieving along with you, rather than later.

In the Death & Life class I teach at Highline Community College, the topic of discussing death with children inevitably brings comments from students such as, "I wish my parents had told me the whole story," and "I didn't realize how bad things were until it was all over." "For a while I wondered why everyone was so upset. Then she died and I suddenly knew."

One more thing. Several books on explaining death to children are available. Go to your bookstore or online, or visit www.griefworks.org. During this difficult time for your family, give your child the gift of the truth. It's the best gift they can receive from you.

Regards,
Dr. Bob

*Bob Baugher, Ph.D., has taught for over 25 years and currently is a psychology professor at Highline Community College, where his classes include Death and Life. He has led numerous community and national bereavement workshops as well as written or co-authored several books, including **Death Turns Allie's Family Upside Down** and **A Guide for the Bereaved Survivor**. To learn more about or to order his resources, visit www.GriefWorks.org.*

Founder's Corner



School bells are ringing, and Kid Talk and Teen Talk groups will soon begin in Puyallup and Fife. The **GriefWorks** staff is excited! We have new ideas and tools to integrate into our time-tested curriculum. As always, we maintain flexibility to fit the activities to the needs and personalities of the students we serve.

How do we help students? We reinforce "change is loss" by doing a time line, unpacking a grief bundle, or just listing the kinds of changes (and losses) that kids experience, we reinforce the understanding than any change is a loss. We draw pictures about how change looks to us, or make "before" and "after" telescope shots. Sometimes puppets help students tell their stories. We discuss when we have choices and when we do not. We may help Aunt Blabby give advice to other grieving kids. We put food coloring in a vase as we name the feelings of grief; then we watch the dark water clear up as we add bleach and name things we do to help ourselves feel better. We might make scream boxes or shoot marshmallows to help us express our anger and protest at what has happened in our lives. We also can make heart mosaics that depict our brokenness, our healing, and our love for someone who has died.

At last count, we had over 70 activities! What matters most is that young people recognize grief as a natural healing process. We also want children and teens to choose to be intentional about doing the hard work of grief. We love helping them get started in the school groups. It is an important way that we help to mend broken hearts and re-landscape lives.

*Mel Erickson, along with Nanette Flynn, founded **GriefWorks** in 1998 as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process.*

GriefWorks

PO Box 912, Auburn, WA 98071-0912
253-333-9420/800-850-9420
www.GriefWorks.org

Family Night Series

“Making difficult matters mentionable is the best way to make them manageable.” - Fred R. Rogers

To make your grief as a family more manageable, **GriefWorks** is pleased to offer a 6-week Family Night Series featuring education and support for the following:

- * Kid Talk (ages 6-12)
- * Teen Talk (ages 13-18)
- * College Talk
- * Parent Talk

WHEN: Thursdays, October 23—December 3, 2008
(no meeting November 27 due to Thanksgiving holiday)
6:15—8:15 p.m.

WHERE: White River Presbyterian Church—Auburn, WA

COST: \$90 per family to help us cover a portion of the cost of this 6-week series. Some scholarships are available.
A light supper and all craft materials will be provided.

Attending the Family Night Series may benefit you in the following ways:

1. You will all gain new insight into your personal grieving process and acquire healthy strategies for coping.
2. You will learn how children grieve differently than adults and how to nurture your child's healing. (Unresolved grief can profoundly complicate adolescence and lead to depression or behavior problems.) Children learn through play, so we pack as many “fun” activities as we can into each session, while inviting the healing process that we call “griefwork.”
3. You will experience an increase in your family's communication and bonding as a result of learning the language of grief, doing the work of grief together, and participating in memorial rituals.

**TO REGISTER OR FOR MORE INFORMATION, PLEASE CALL
800-850-9420 OR E-MAIL DEBBIE@GRIEFWORKS.ORG**

